MANGOS Bring Variety to Your Menus

Mangos are in the stores now at a reasonable cost. Use them to add variety to your menus. Incorporate them into your recipes and menus for a welcome change to the typical winter diet of apples, bananas, and oranges. Eaten fresh, mangos are juicy, sweet, and delicious. Originally from India and Southeast Asia, they are grown in Florida in the U.S.

When selecting mangos look for a richly colored fruit with smooth skin and fragrant aroma. Avoid those with loose or shriveled skins; a ripe mango will have an orange-yellow or reddish skin. To allow a mango to continue to ripen after purchase, store in a cool, dark place. Do not store in the refrigerator which will slow the ripening process.

Green mangos are similar to green apples, tart, crisp, and dry. Eat them by dipping in lime juice and sprinkling with salt or make them into pickles. Pickles are a great idea for when you purchase them in bulk from a warehouse store and find you have more than you can eat.

Mangos are an excellent nutrition choice for a number of reasons. One cup provides only 107 calories with 3 grams of fiber. Mangos are fat and sodium free, high in potassium and vitamin A, and have more vitamin C than citrus fruits. One cup provides 100% of your daily requirement.

Try mangos for a substitute for peaches in a shortcake, over ice cream, in a cobbler (see recipe) or smoothie drink. Mangos can be used in Indian chutneys or added to salsa for a new flavor twist.

Mango Salsa

1 cup cubed peeled ripe mango
1 cup sliced banana
1/4 cup chopped fresh mint
2 tablespoons fresh orange juice
1 teaspoon grated lime rind
1 tablespoon fresh lime juice
1 (8-ounce) can unsweetened pineapple chunks, drained
1 serrano chile, seeded and finely chopped

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Combine all ingredients in a medium bowl. Stir well; cover and refrigerate. Yield: 2 2/3 cups (serving size 2/3 cup).

**MANGO-BLUEBERRY COBBLER**

2 cups all-purpose flour  
3/4 cup sugar  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1 cup low-fat milk  
2 eggs, lightly beaten  
1/2 teaspoon lemon extract  
2 1/2 cups fresh blueberries  
2 pounds ripe mangos, peeled and cut into slices 1/4 in thick

Preheat oven to 350°F. Lightly butter a 9x13x2-inch baking dish.

In a medium bowl, combine the flour, sugar, baking powder, baking soda, salt, milk, eggs and lemon extract. Whisk until well blended and smooth. The batter will be thin. Using a rubber spatula, fold in the blueberries until well blended. Pour the batter in an even layer on the bottom of the baking dish. Scatter the mango slices over the top of the batter, letting them sink to the bottom. Do not stir.

Bake in 350°F oven until brown, 30-35 minutes. Serve warm. Makes 8-12 servings.

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